AMENDMENTS TO THE CLAIMS:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Claims 1-48 (Canceled).

49. (New) An integrated method comprising:

providing a low dielectric material;

applying a first treatment altering a first property of the low dielectric material, the first treatment being a treatment other than a thermal treatment; and

applying a second treatment altering a second property of the treated low dielectric material and producing a lower dielectric material with better mechanical stability.

- 50. (New) The integrated method of claim 49, wherein applying a first treatment comprises subjecting the low dielectric material to a treatment selected from a group consisting of hydrogen-based plasma, electron beam, ultraviolet radiation, and microwave hydrogen plasma.
- 51. (New) The integrated method of claim 49, wherein applying a second treatment comprises subjecting the low dielectric material after the first treatment to a treatment selected from a group consisting of hydrogen-based plasma, electron beam, ultraviolet radiation, and carbon-based plasma, microwave hydrogen plasma.
 - 52. (New) An integrated method comprising:

providing a low dielectric material;

applying a first treatment altering a first property of the low dielectric material; and

applying a second treatment altering a second property of the treated low dielectric material and producing a lower dielectric material with better mechanical stability, the second treatment being a treatment other than a thermal treatment.

- 53. (New) The integrated method of claim 52, wherein applying a first treatment comprises subjecting the low dielectric material to a treatment selected from a group consisting of hydrogen-based plasma, electron beam, high temperature, ultraviolet radiation, and microwave hydrogen plasma.
- 54. (New) The integrated method of claim 52, wherein applying a second treatment comprises subjecting the low dielectric material after the first treatment to a treatment selected from a group consisting of hydrogen-based plasma, electron beam, ultraviolet radiation, and carbon-based plasma, microwave hydrogen plasma.
 - 55. (New) An integrated method comprising:

providing a low dielectric material;

applying a first treatment altering a first property of the low dielectric material, the first treatment treating the low dielectric material with hydrogen-based plasma; and

applying a second treatment altering a second property of the treated low dielectric material and producing a lower dielectric material with better mechanical stability.

56. (New) The integrated method of claim 55, wherein applying the second treatment comprises treating the low dielectric material with microwave hydrogen plasma.

- 57. (New) The integrated method of claim 55, wherein applying the second treatment comprises treating the low dielectric material with ultraviolet radiation.
 - 58. (New) An integrated method comprising:

providing a low dielectric material;

applying a first treatment altering a first property of the low dielectric material, the first treatment treating the low dielectric material with ultraviolet radiation; and

applying a second treatment altering a second property of the treated low dielectric material and producing a lower dielectric material with better mechanical stability.

- 59. (New) The integrated method of claim 58, wherein applying the second treatment comprises treating the low dielectric material with carbon-based plasma.
- 60. (New) The integrated method of claim 58, wherein applying the second treatment comprises treating the low dielectric material with hydrogen plasma.
 - 61. (New) An integrated method comprising:

providing a low dielectric material;

applying a first treatment altering a first property of the low dielectric material, the first treatment treating the low dielectric material with microwave hydrogen plasma; and

applying a second treatment altering a second property of the treated low dielectric material and producing a lower dielectric material with better mechanical stability.

62. (New) The integrated method of claim 61, wherein applying the second treatment comprises treating the low dielectric material with carbon-based plasma.

- 63. (New) The integrated method of claim 61, wherein applying the second treatment comprises treating the low dielectric material with hydrogen plasma.
 - 64. (New) An integrated method comprising:

providing a low dielectric material;

applying a first treatment altering a first property of the low dielectric material;

applying a second treatment altering a second property of the treated low dielectric material and producing a lower dielectric material with better mechanical stability; and

wherein one of the first and second treatment comprises treating the low dielectric material with a plasma.

65. (New) An integrated method comprising:

providing a low dielectric material;

applying a first treatment altering a first property of the low dielectric material;

applying a second treatment altering a second property of the treated low dielectric material and producing a lower dielectric material with better mechanical stability; and

wherein one of the first and second treatment comprises treating the low dielectric material with ultraviolet radiation.

66. (New) An integrated method comprising:

providing a low dielectric material;

applying a first treatment altering a first property of the low dielectric material;

applying a second treatment altering a second property of the treated low dielectric material and producing a lower dielectric material with better mechanical stability; and

wherein one of the first and second treatment comprises treating the low dielectric material with an electron beam.

67. (New) An integrated method comprising:

providing a low dielectric material;

applying a first treatment altering a first property of the low dielectric material, the first treatment treating the low dielectric material with high temperature; and

applying a second treatment altering a second property of the treated low dielectric material and producing a lower dielectric material with better mechanical stability, the second treatment treating the low dielectric material with a plasma.